



# TMJ Exercises

These exercises will help relax the muscles and increase mobility in the jaw joints. These can be done when symptoms are mild or non-existent. Do not do these when pain is moderate to severe, instead the jaw should be rested as much as possible during these more painful episodes.

**Assisted Opening** - Place two fingers on lower front teeth, slowly open comfortably while pushing down with your fingers. Repeat 10 times.

**Resisted Opening** - Cup palm under chin, open jaw slowly and gently resist opening with hand under chin. Repeat 10 times.

**Midline Exercise** - Look in the mirror and bite teeth together. Look at the position of your two center teeth on the lower jaw (central incisors). Open slowly while watching these two teeth and attempt to keep lower jaw "centered" as you open. Repeat 10 times.

**Simple Opening and Stretching** - Open jaw slowly ten times as wide as you can comfortably.

**Lateral Movement Exercise** - Open jaw about one inch from clenched bite. Move lower jaw as far to the right without opening. Move jaw as far to the left without opening. Repeat 10 times.

**Neck Stretch** - Attempt to touch ear to shoulder by bending neck and not raising shoulder. Repeat 10 times and then do 10 more on the other side.

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